



Effective Virtual Physical Education Response

TO: Dr. Joel Boyd, Superintendent of Schools
FROM: Robin Desmond, Chief Academic Officer *Re. Desmond*
DATE: January 14, 2021

The following report is in response to the motion by Michael Dillon Jr.:

Request that the Administration consult with Physical Education staff to examine implementation of effective Physical Education across the district in a remote learning environment.

Elementary and middle school physical educators met with Kara Wilkins, Curriculum Technology Integration Specialist, on Tuesday, December 8, 2020 to discuss what is going well with remote teaching and learning and what needed further supports. During this session, teachers shared resources they believe have been successful in the virtual learning environment. Ms. Wilkins gathered all the resources that were shared during the meeting, and she created a physical education resource page for teachers to access at the LPSD Instructional Technology Corner website. This page will continue to be updated as more resources are shared. <https://sites.google.com/lowell.k12.ma.us/lpsdinstructionaltech/topics-to-explore/physical-education-resources-digital>



During the December 8th meeting, physical educators requested a way to share lesson ideas and activities across the district. The Office of Teaching and Learning is creating and managing a Google Shared Drive to upload and share proven lessons. Ms. Wilkins will provide training and support on how to use the shared drive at a future professional development meeting. A physical education teacher walked

colleagues through how she was using the Florida Virtual platform with all of her students. Overall, the teachers felt the sharing was helpful and overwhelmingly want to continue to share and create activities to get students up and moving. The teachers asked for more opportunities to collaborate together given the uniqueness of their positions in their schools. Based on this shared interest, Ms. Wilkins volunteered to host another professional development meeting during the January early release day. The teachers requested to start as a large k-8 group and then move into breakout rooms based on grade levels, interests and activities. The Office of Teaching and Learning will continue to provide opportunities for sharing and working together throughout the year.

On Wednesday, January 13, 2021, Ms. Wilkins arranged an early release professional development for physical educators. Twenty-four physical educators participated and worked together to develop a working agenda that met their needs and areas of interest. Topics covered were: units taught, activities that are working, activities that aren't working and ideas for improvements, shared Google Drive lessons and resources, and assessments - participation vs. performance.

Also included in this memo, is a report on physical education remote teaching and learning at LHS from David Lezenski, Director of LHS Athletic and Physical Education.



*David M. Lezenski,
CMAA Director of
Athletics & Physical
Education*

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December 31,2020

To: Ms. Robin Desmond, Chief Academic Officer

From: Mr. David M. Lezenski, Director of Athletics and Physical

Education cc: Mr. Michael Fiato, Head of School, Lowell High School re:

Remote Physical Education During COVID 19

The Physical Education faculty at Lowell High School has implemented a wide variety of techniques to effectively deliver instruction. Our staff has responded to unprecedented learning demands with great adaptability and effort to address a variety of individual student needs. The Physical Education curriculum has been directly impacted by COVID-19 restrictions in the remote learning environment. Beyond academic learning associated with fitness, Physical Education is an effective avenue to respond to our ever-increasing social emotional learning needs of our students. Gymnasiums across the country create a space for students which provides an outlet for emotional and physical wellness, in addition to making connections with their peers, their teachers, and the opportunity to better understand themselves in order to thrive in core academic classes.

Our staff has developed a daily workout program for every student, which is tailored to all students by giving several difficulty options for all types of physical fitness levels. The workouts our students are participating in occur during class time. In addition, students are responsible for weekly written reflection logs detailing their progress. At the beginning of the semester, students created a data set for themselves to determine baseline and pre-assessment numbers. These numbers are data points targeting several types of fitness components (1 mile run, push up, sit ups, air squats). These components align with daily exercises that occur each week. The goal for students is to see a trend in these numbers and to increase their strength and endurance by the end of the semester. Students also have the ability to choose and create

their own individualized fitness plan. More advanced students can select their own fitness target points or goal for the end of the semester to ensure they are being challenged.

Teachers agree that this process has been challenging, but with time and the additional support of new technology tools, progress is happening on a daily basis. The students are receptive and are thankful to be given the opportunity to design their own fitness and mindfulness goals in order to stay physically fit and reduce stress during these tumultuous times. Mixed in with workouts, the Physical Education staff has implemented meditation and relaxation techniques. The feedback on these alternatives has been positive. The students are thankful for the time allowed to reset, get away from their screen and increase their social and emotional wellness. As a collaborative department we continue to grow together by contributing shared formative and summative assessments. Common Planning Time for Physical Education teachers is period 7. During this time, the team collaborates to share lesson ideas with the goal of increasing student success rates.